

How do the health outcomes of a vegetarian diet compare to that of a diet which customarily includes animal products? (DGAC 2010)

Conclusion


Limited evidence is available documenting that vegetarian diets protect against cancer. However, it suggests that vegetarian, including vegan diets, are associated with lower body mass index and blood pressure. Vegan diets may increase risk of osteoporotic fractures. The effect of vegetarian diets on cardiovascular disease, stroke and mortality are discussed further in [*Part B. Section 2: The Total Diet: Combining Nutrients, Consuming Food.*](#)

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [How do the health outcomes of a vegetarian diet compare to that of a diet which customarily includes animal products?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[How do the health outcomes of a vegetarian diet compare to that of a diet which customarily includes animal products?](#)